

January

◀ Dec 2018						Feb 2019 ▶	
Sun	Mon	Tue	Thu	Fri	Sat		
SPINNING®		1 	2 Endurance	3 Interval	Instructor Choice	5 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
6 All TERRAIN	7 Instructor Choice	8 Strength	9 ESI	10 Endurance	11 Interval	12 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
13 All TERRAIN	14 Interval	15 Instructor Choice	16 Strength	17 ESI	18 Endurance	19 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
20 All TERRAIN	21 Endurance	22 Interval	23 Instructor Choice	24 Strength	25 ESI	26 8:00AM EXTENDED RIDE 9:30AM INTERVAL	
27 All TERRAIN	28 ESI	29 Endurance	30 Interval	31 Instructor Choice			